

the quick

Fall 2020



Register at
maplevalleywa.gov/fun

Director's Message:

Well...that wasn't quite the Summer any of us had hoped for. As we all know, the COVID-19 pandemic and guidance from public health officials led us to close a number of park amenities for a period of time, and cancel many of our wonderful programs and events. Our calling and our duty, as a parks and recreation team, is to provide programs, events, and facilities that bring people together, to celebrate, and create positive experiences. Implementing protocols to keep people separated since March, while necessary, has been a challenge for us.

Our approach has been, and will continue for Fall, to plan programs and events as normal, and then scale back if we are unable to offer them safely based on the public health guidance in place at the time. We continue to monitor the situation and please know that we will do our best based on the information available to us in a reasonable timeframe.

The programs and services that Parks and Recreation provides will be important in our recovery efforts. Events will help to spark an economic recovery. Participating in programs and events, and enjoying our beautiful outdoor settings will help lift our spirits and reduce depression.

Lastly, our Rec Guide may look a little different. We are shifting to "rolling" registration. In other words, rather than starting registration for the entire quarter at the same time, we will be opening registration for activities one month at a time. This gives us the chance to make adjustments as information from public health is updated. More information on this can be found on page 3, and you can always call the office if you have questions.

Please stay safe and I look forward to seeing you soon (at a safe distance)!

Best Wishes,
Dave Johnson
Parks & Recreation Director



enjoy our beautiful
Outdoors!

Parks & Recreation Commissioners:

- Sarah Gilbert-Newell, Chair
- Tim Calohan, Vice-Chair
- Zachary Sander
- Lauren Bergstom
- Julia Cain-LeFleur
- Laurel Hubert
- Rosemary Boelens

City Council:



Sean P. Kelly,
Mayor, Position 1

Dana Parnello,
Deputy Mayor, Position 6

Linda Olson,
Councilmember, Position 2

Les Burberry,
Councilmember, Position 3

Erin Weaver,
Councilmember, Position 4

Syd Dawson,
Councilmember, Position 5

Linda Johnson,
Councilmember, Position 7

Disclaimer

Maple Valley Parks & Recreation assumes no responsibility for errors or omissions found in this document. The Guide is a general schedule of programs, activities and events. Dates, times and locations are subject to change without notice. For updated information please call 425-432-9953 or visit www.maplevalleywa.gov/fun.

Registration Dates Vary

Registration dates:

Fall registration will look different due to Covid 19.

Registration dates will open one month at a time and will be set by program start dates.

1 Registration dates will be displayed if program is not yet open for registration.

2 When a program is open for registration, the 'REGISTER' button will be displayed.



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SPECIAL EVENTS

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Location Key & Community Resources

City Hall

22017 SE Wax Rd #200
www.maplevalleywa.gov

COV - Covington City Hall
 16720 SE 271st Street

CCP - Covington Community Park
 17649 SE 240th Street

CRES - Cedar River Elementary School
 22615 Sweeney Rd SE

GMVCC & DEN

Greater Maple Valley Community Center
 22010 SE 248th St
www.maplevalleycc.org

GPES - Glacier Park Elementary School
 25700 Maple Valley-Black Diamond Rd SE

Lake Wilderness Arboretum

www.lakewildernessarboretum.org

LWES - Lake Wilderness Elementary School
 24216 Witte Rd SE

LWGC - Lake Wilderness Golf Course
 25400 Witte Rd SE

LWL - Lake Wilderness Lodge
 22500 SE 248th St

LWP - Lake Wilderness Park
 22500 SE 248th St

Maple Valley/Black Diamond Chamber of Commerce

www.maplevalleychamber.org

Maple Valley Food Bank

<https://maplevalleyfoodbank.org/>

Maple Valley Historical Society

(425) 432-2692
www.maplevalleyhistorical.com

Maple Valley Library

www.kcls.org

MVMS - Maple View Middle School
 18200 SE 240th St

RAV - Ravensdale Park
 27200 SE Kent-Kangley Rd,

RCES - Rock Creek Elementary School
 25700 Maple Valley-Black Diamond Rd

SLES - Shadow Lake Elementary School
 22620 Sweeney Rd SE

SP - Summit Park
 23675 SE Tahoma Way

STMS - Summit Trail Middle School
 25600 Summit-Landsburg Rd SE

Tahoma School District

www.tahomasd.us

TBD - Location to be determined

TES - Tahoma Elementary School
 24425 SE 216th St

THS - Tahoma High School
 23499 SE Tahoma Way



Online:
maplevalleywa.gov/register

By Phone:
 (425) 432-9953



KidZ LOVE SOCCER Classes

All levels are welcome to enjoy learning the world's most popular sport! Kidz Love Soccer provides positive framework whereby all players are nurtured, built up, and developed as young athletes. A typical class session includes age-appropriate soccer activities: warm up, skill introduction, fun games and instructional scrimmages conducted in a non-competitive, recreational format led by the professional KLS staff.

Shin guards are required after the first class (except Mommy/Daddy & Me).

Rainout Hotline – 1-888-372-5803 - Receive cancellation notifications on your smartphone with the **Kidz Love Soccer app**. Email – info@kidzlovesoccer.com

All kids will receive a Kidz Love Soccer jersey!

Registration for these classes have been paused until King County reaches phase 3.

Mommy/Daddy & Me Soccer

Introduce your toddler to the world's most popular sport! As you and your child participate in our fun, age-appropriate soccer activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field and parents are part of the action! **Ages 2 - 3 ½**

Dates	Day	Time	Fee	Location	Class ID
9/12-10/24	Sa	8:30-9:00am	\$88	SP	5897
9/12-10/24	Sa	9:05-9:35am	\$88	SP	5884
11/18-12/9	W	4:30-5:00pm	\$78	TBD	5896

Exclusion dates: 11/11

Tot Soccer

Little tots will begin learning the game and developing large motor skills, balance & eye-foot coordination. They'll enjoy high-energy action, running and kicking just like the big kids! Encourages participation and good sportsmanship through fun soccer games and introduces small kids to the group setting. **Ages 3 ½ - 4**

Dates	Day	Time	Fee	Location	Class ID
9/12-10/24	Sa	9:45-10:15am	\$88	SP	5888
11/4-12/9	W	5:10-5:40pm	\$78	TBD	5894

Exclusion dates: 11/11

Pre Soccer

Teaches the basic techniques of the game with an increased emphasis on teamwork as well as individual skill development. Basic soccer rules and game mechanics are introduced at this level. Children learn to follow instructions and build self-esteem through participation in fun soccer activities. **Ages 4 - 5**

Dates	Day	Time	Fee	Location	Class ID
9/12-10/24	Sa	10:15-10:50am	\$88	SP	5898
11/4-12/9	W	5:40-6:15pm	\$78	TBD	5893

Exclusion dates: 11/11

COVID-19 safety standards will be in effect for players, coaches and spectators in this program.

Soccer 1: Techniques & Teamwork

Players will expand on their techniques learned in Pre Soccer while dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. **Ages 5 - 6**

Dates	Day	Time	Fee	Location	Class ID
9/12-10/24	Sa	10:50-11:35am	\$88	SP	5890
11/4-12/9	W	6:15-7:00pm	\$78	TBD	5902

Exclusion dates: 11/11

Soccer 2: Skillz & Scrimmages

Players will enjoy advanced skill building: dribbling, passing, shooting and more in a team play format. Individual skill development and team play are of equal importance in this class. Each class will include fun small sided scrimmages. **Ages 7 - 10**

Dates	Day	Time	Fee	Location	Class ID
9/12-10/24	Sa	11:35am-12:20pm	\$88	SP	5892

Mini Soccer Camps

Spend five fun-filled days enjoying the world's most popular sport in a relaxed, recreational environment. Campers will play instructional games to develop individual skills in an age-appropriate camp setting. The kids will learn and develop techniques of dribbling, passing, receiving, shooting and defending. The week's activities will culminate in a "World Cup" Tournament. Campers should bring a full water bottle and a healthy snack. All participants **MUST** wear shin guards and sunscreen is recommended. **Ages 4.5 - 6 & Ages 7 - 10**

Ages	Dates	Day	Time	Fee	Location	Class ID
4 ½-6	8/24-8/28	M-F	9:00am-12:00pm	\$152	SP	5307
7-10	8/24-8/28	M-F	9:00am-12:00pm	\$152	SP	5306

Youth Coed Recreational Basketball League

**Registration begins
Tuesday, November 3rd at 8am.**



This RECREATIONAL LEAGUE is great for players new to basketball or those that want to continue improving their skills. Volunteer coaches teach dribbling, passing, shooting and basic defense keeping the emphasis on FUN and participation.

Teams play 7 Saturday games with one weekday practice. Practices begin the second week of January and games will end mid-March. Registration begins Tue., Nov. 3 at 8:00am. Player registration includes a team t-shirt and basketball.

Volunteer coaches and team sponsors are always needed. Head coaches receive a free player registration but must complete an application (new this season) and wait for a confirmation email before registering to ensure the discount is applied.

Sponsors, for as little as \$175, will have their logo printed on the front of the team's t-shirts and receive a special gift at the end of the season. For more information about coaching or sponsoring please e-mail Bobby.Quick@maplevalleywa.gov. **Ages K-8**

Lifestyle Medicine

UW Medicine

VALLEY
MEDICAL CENTER



NOW HIRING BASKETBALL REFEREES!

Please visit
www.maplevalleywa.gov/basketball
for more information.

**COVID-19 safety standards
will be in effect for players,
coaches and spectators in
this program.**

Grades	Dates	Day	Time	Fee	Location	Class ID
Kindergarten	1/16/21-3/6/21	Sa	9am-5pm	\$100	TSD	5920
1st Grade Boys	1/16/21-3/6/21	Sa	9am-5pm	\$100	TSD	5931
1st/2nd Grade Girls	1/16/21-3/6/21	Sa	9am-5pm	\$100	TSD	5925
2nd Grade Boys	1/16/21-3/6/21	Sa	9am-5pm	\$100	TSD	5927
3rd Grade Boys	1/16/21-3/6/21	Sa	9am-5pm	\$120	TSD	5923
3rd/4th Grade Girls	1/16/21-3/6/21	Sa	9am-5pm	\$120	TSD	5922
4th Grade Boys	1/16/21-3/6/21	Sa	9am-5pm	\$120	TSD	5930
5th Grade boys	1/16/21-3/6/21	Sa	9am-5pm	\$120	TSD	5926
5th/6th Grade Girls	1/16/21-3/6/21	Sa	9am-5pm	\$120	TSD	5924
6th Grade Boys	1/16/21-3/6/21	Sa	9am-5pm	\$120	TSD	5929
7th/8th Grade Boys	1/16/21-3/6/21	Sa	9am-5pm	\$120	TSD	5921
7th/8th Grade Girls	1/16/21-3/6/21	Sa	9am-5pm	\$120	TSD	5928



Dog Obedience

see page 21



Parkour

see page 8



**POSTPONED
UNTIL
SEPT 19, 2021**



**IRONMAN
70.3 WASHINGTON
MAPLE VALLEY**

MAPLE VALLEY
Host Site of 70.3 Ironman

BECOME A VOLUNTEER! VISIT:

<https://ironman.volunteerlocal.com/volunteer/?id=46712>

Registration for these classes have been paused until King County reaches phase 3.



Trailblazers Running Club offers track and field, cross country and other running opportunities for youth

girls and boys from ages 5-14. Its' mission is to develop young athletes in the fundamentals of track and field. Through a supportive and structured environment, our program encourages young runners to build self-confidence, set realistic goals and work on form and technique. All abilities, speeds and fitness levels are invited to join this fun program. All Fall session practices will be held at Lake Wilderness Park on Tues and Thurs with Meets on Sundays. Athletes can expect to run 1 to 3 miles during practice (age dependent) and 1/2 mile, 1 mile, or 1 1/2 mile races. Meet locations TBD. **Ages 5 - 14**

Dates	Day	Time	Fee	Location	Class ID
9/22-11/12	Tu/Th	5:00-6:00pm	\$110	LWP	5844



For questions, please email trailblazersrunners@gmail.com



The instructors have extensive backgrounds in running and coaching young athletes. Tiffany Simmons has coached grade school and high school track and field and cross-country teams. Amy Lombard has been a dedicated runner for 20+ years. She has extensive experience coaching youth at the premier level and has full and half marathon experience. Tiffany and Amy are Level 1 certified by USATF.



Proudly sponsored by



Pee-Wee Soccer League

Registration opens August 4th at 8am

This is a non-competitive, instructional league for children 3-8 years old to learn teamwork and the basics of soccer. Player's age determined as of August 1, 2020. Teams will practice one night each week and will play one game on Saturdays. No goalkeepers are used in this intro league. Player registration includes a team t-shirt and soccer ball. Registration deadline is August 16. Games will be played on a modified field with modified rules.



CANCELLED

3/4 size teams with 10 players.

Head coaches receive a free player registration to ensure the discount is printed on the end of the season. For more information or sponsoring please e-mail info@maplevalleywa.gov. **Ages 3-8**

Ages	Dates	Day	Time	Fee	Location	Class ID
3-4	9/19-10/31	Sa	9:00am-2:00pm	\$75	SP	5845
5-6	9/19-10/31	Sa	9:00am-2:00pm	\$75	SP	5848
7-8	9/19-10/31	Sa	2:00-5:00pm	\$85	SP	5850



COVID-19 safety standards will be in effect for players, coaches and spectators in this program.



Maple Valley Parks & Recreation is excited to offer recreation opportunities for our special needs community. The "Superstar" classes listed on this page are exclusively for our special needs community. Look for other Superstar activities, identified with the star logo, where special needs individuals are welcome to participate to the best of their ability. All participants interested in the inclusive classes must complete the Inclusion Request Form (on our website) at least 10 business days before the start of class. If you are interested in teaching a special needs activity/class, or have questions about these activities, please contact **Allison Scott** at Allison.scott@maplevalleywa.gov or call 425-432-9953.

Special Populations Life & Leisure Skills

Registration for these classes have been paused until King County reaches phase 3.

Dance

Travel across time and around the globe as you learn a variety of dance steps from various cultures and eras of history! Learn how to dance to a variety of music styles, so you'll be ready for ANY party playlist or exercise routine. Appropriate for a variety of developmental levels. Led by a licensed occupational therapist. **Ages 16+**

Dates	Day	Time	Fee	Location	Class ID
9/14-11/23	M	6:30-8:00pm	\$0	LWL	5907

Exclusion dates: 9/7

Movie Making- 2-D Avatar Adventures



Explore the world of animation in this beginner movie effects class! Develop avatar characters from your own drawings or graphics, that are able to move and talk! Work in teams to create a 2-D animated short story complete with customized motions and other special effects! Produce wacky stop-motion animation videos straight out of your imagination! Appropriate for a variety of developmental levels. Led by a licensed occupational therapist. **Ages 16+**

Dates	Day	Time	Fee	Location	Class ID
9/14-11/23	M	4:00-6:00pm	\$0	LWL	6154

Exclusion dates: 9/7

Complete registration with MVP&R at \$0 then register with engagethrutech.com/maple-valley-special-pop-classes
To pay fee: \$396 or 22 respite hours charged to DSS.



Instructor – Ruth Bacha is a licensed Occupational Therapist with an extensive school-based background. She incorporates a variety of teaching styles to reach a variety of learners. Ruth has a wide variety of experience teaching and loves sharing her knowledge through her camps and classes.

Community Special Needs Programs

Jam Club



Music therapy based music education program designed for students with special needs. Students work on the basic social and musical skills necessary to play simple music together. Classes are led by Elizabeth VanSant, MC-BT, and assisted students from our orchestra programs (Music Buddies). Students will have the opportunity to perform with MVYSO's orchestras at two very special concerts. All classes meet at Taylor Creek Church. Classes meet from September 28, 2020 – June 14, 2021. **DDA Payment is accepted.** Due to COVID-19, A small materials fee will be charged and students will be given their own set of instruments to bring with them to class each time.

Requirements:

- Ability to attend to a task for 5 minutes with little to no re-direction
- Consistent attendance is necessary for success.
- Potential for outside of group practice if necessary

For more information and registration, please visit www.mvyso.org or call (425) 433-6009

Drumline Program

This program is so new, we haven't named it yet! This program will be led by MVYSO's Music Therapist, Elizabeth VanSant and MVYSO's Percussion Specialist, Nathan Smith. Students aged 13 and up are welcome to participate. This class will be sequential in nature so that students can learn basic rhythms, percussion technique, and skills necessary to play together in a performing ensemble. Our hope is to have this group perform as an exhibition group at indoor drumline events. A small materials fee will be added for initial start up items (drumsticks, practice pad, practice book) and performance T-shirt.

Friends and Fun Club - 18yrs and older at Greater Maple Valley Community Center

The Club meets weekly on Tuesday evenings with one "night out" each month. Members can attend independently or with a caregiver. This is a volunteer run program and no supervision or care is provided by the group.

Membership is FREE – members will be expected to fund "nights out" and donate toward food or special activity costs.

For more information visit: www.facebook.com/groups/FFCMV



Parkour Outdoor

Using playground equipment at Summit Park and specialized parkour blocks, we will learn how to get creative with our movements outside. We will also learn about parkour vision: our ability to see fresh, new ways to move using everyday objects. There will be lots of games, lots of sweat, and lots of fun! **Ages 9 -12**

Dates	Day	Time	Fee	Location	Class ID
10/6-10/27	Tu	4:30-5:30pm	\$80	SP	5914
11/3-11/24	Tu	4:30-5:30pm	\$80	SP	5915



Parkour Child

Little movers learn basic movement principles and maneuvers to set them up for a lifetime of adventure. Kids this age are doing parkour already without knowing it. This class simply builds on their natural desire to move by teaching them how to: climb without using their knees or elbows, jump safely to lower and higher surfaces, and other foundational low-risk parkour maneuvers that will help them develop good movement habits, increase their proprioception, and build a greater sense of balance. Safety is always top-of-mind with specialized equipment and skill progressions to ensure fun and relaxed learning. **Ages 6 - 8**

Dates	Day	Time	Fee	Location	Class ID
10/7-10/28	W	4:30-5:30pm	\$80	LWL	5814
11/4-11/25	W	4:30-5:30pm	\$60	LWL	5937
12/2-12/16	W	4:30-5:30pm	\$60	LWL	5938

Exclusion dates: 11/11

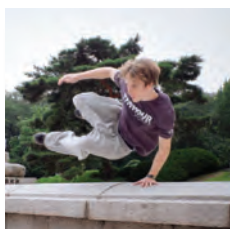


Parkour Youth

In this introductory course, young movers get to learn the moves and mindset of a parkour champion. Using safe progressions and specialized equipment, this class serves as an excellent introduction for anyone curious about parkour. These movers learn useful skills like safety falls, rolls, and vaults. They also get practice skills with more flair, like rail balancing, wall climbing, and palm spin! All while learning how to respond positively to obstacles and challenges in a fun, relaxed atmosphere. No experience is assumed, but participants with prior parkour experience can also expect to learn new skills and overcome new exciting challenges. **Ages 9 -12**

Dates	Day	Time	Fee	Location	Class ID
10/7-10/28	W	5:30-6:30pm	\$80	LWL	5825
11/4-11/25	W	5:30-6:30pm	\$60	LWL	5877
12/2-12/16	W	5:30-6:30pm	\$60	LWL	5813

Exclusion dates: 11/11



Grey Geppart is a certified parkour coach. His experience coaching parkour in gyms, community centers, and schools has given him a unique insight into teaching parkour to children that not many other coaches have. Being trained by one of parkour's founder, he teaches parkour as not only a skill, but a mindset for cultivating physical and personal strength, through embracing challenges and seeing obstacles as opportunities.



Youth Bollywood Dance

YOUTH FITNESS & DANCE

Registration for these classes have been paused until King County reaches phase 3.



Young dancers are introduced to the basic Bollywood movements where they will learn to develop dance technique while focusing on the basic hand and leg movement coordination, motor skills and listening abilities as they relate to the fun and popular Bollywood music.

For questions please contact Sneha at thirakdanceacademy@gmail.com

Ages	Dates	Day	Time	Fee	Location	Class ID
3-4	9/14-11/2	M	11:30am-12:15pm	\$125	LWL	5842
4-6	9/16-11/4	W	5:15-6:00pm	\$125	LWL	5828
7-12	9/16-11/4	W	6:05-6:50pm	\$125	LWL	5832



Sneha Thakur is thrilled to provide students an opportunity to experience new cultural music and dance that is very popular, energetic and fun! Sneha is passionate about Bollywood dance and music. She has been dancing since the age of 3 and has performed at high levels in India. She has extensive experience teaching children's dance in India and now in Maple Valley.



Rizzkids - Dance Fitness

Rizzkids is a 40 minute, all American dance fitness class for KIDS! A place for them to move their bodies, release energy, and interact with others. They will learn American dance styles including hip-hop, jazz, country, hula and more. **Ages 6-11**

Instructor: Daisy Larsen

For questions, please email daisyfitnessfrenzy@outlook.com

Drop In: \$8 if space is available



Dates	Day	Time	Fee	Location	Class ID
10/5-10/26	M	4:30-5:10pm	\$20	LWL	5854
11/2-11/30	M	4:30-5:10pm	\$25	LWL	5871
12/7-12/14	M	4:30-5:10pm	\$10	LWL	5872



Daisy Larsen is a fun, energetic, mom with four kids living in Maple Valley, WA. As a trained and impassioned dancer, she looks forward to bringing energy and excitement through dance fitness. Daisy is a certified fitness instructor for Rizzmic since 2012, and for Rizzkids since 2014. This has given her the opportunity to help others find the same energy and excitement she has for fitness. Daisy's goal through Rizzmic/Rizzkids is to create a high-energy, fun, and engaging experience that helps others in their journey to a more a fit (and healthy) lifestyle.



“If your body's not right, the rest of your day will go all wrong.
Take care of yourself.”



- V.L. Allineare

Registration for these classes have been paused until King County reaches phase 3.

Hindi Language Classes

Namaste! (Hello in Hindi) You can become bilingual easily by learning the most phonetic language of the world. Words in Hindi are pronounced just as they are written, making the Hindi language easy to learn. Students must be able to speak, read and write in English. Work sheets, coloring pages and flash cards will be used to help kids learn quickly. All materials will be provided by the instructor and students are expected to bring all materials/notes with them to each class. Advanced levels require successful completion of the prior level or instructor approval. Students will be encouraged to speak Hindi in class. **Ages 7-12 Levels 1, 2 and 3 will introduce participants to the following:**

Level 1

- Speak, read and write Swar (vowels), Vyanjan (consonants), Sankhya (numbers) from 1-10
- Colors in Hindi, days of the week, fruit names, simple words and sentences
- Kids will also learn how to introduce themselves in Hindi with fun based activities like nursery rhymes

Dates	Day	Time	Fee	Location	Class ID
9/19-11/7	Sa	11:00am-12:00pm	\$99	LWL	5818

Level 2

- Builds on Level 1 basics and includes beginning phonetic sounds Barakhadi (vowels combined with consonants to help build words)
- Body parts, and fun based activities like nursery rhymes/stories

Dates	Day	Time	Fee	Location	Class ID
9/19-11/7	Sa	10:00-11:00am	\$99	LWL	5834

Level 3

- Builds on Levels 1 & 2 and includes words related to Vyanjan (consonants) includes beginning phonetic sounds
- Simple two letter words (read, understand and write) Barakhadi
- Animals and fun based activities like nursery rhymes/stories

Dates	Day	Time	Fee	Location	Class ID
9/19-11/7	Sa	9:00-10:00am	\$99	LWL	5815

For questions, please email abseekhohindi@gmail.com



Sneha Thakur is a native Hindi speaker. She has excelled in Hindi language during her schooling and graduation. She teaches Hindi to her children and wants to extend the learning opportunity to the kids in Maple Valley.



ADA Inclusion Guidelines

The City of Maple Valley is committed to providing programs & services that are accessible to all. Requests for reasonable accommodations will be considered on a case-by-case basis. Please contact Recreation Coordinator, Allison Scott at 425-432-9953 at least 7 business days prior to the start date of the activity.



Cake Decorating Classes
see page 22

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.”

- Plato

Registration for these classes have been paused until King County reaches phase 3.

Music Together® Classes

Music Together is an innovative music and movement program for children of all abilities ages 0-5 and their caregivers. Learn how to guide your child's natural enthusiasm for music and movement, promoting lifelong confidence and skill through a rich assortment of music. The 10 week session includes one CD, a digital download and a songbook. Sibling discount is available, but please register in person or by telephone to receive the discount. Babies aged 8 months and younger at the start of the semester attend free with a registered sibling.

Free trial classes are available for new families on September 11 & 12. Register here for a trial class: www.tigermountainmusictogogether.com/trial-class/
Space is limited.

Music Together Mixed Age

Any child age 0-5 can attend a Music Together Mixed-Age class. The mixed age format provides a rich learning environment as children of different ages interact with each other. During class we will sing songs, play instruments and move around the room to music, all in a relaxed and playful environment. Classes are fun and everyone gets involved! **Ages 0-5**

Dates	Day	Time	Fee	Location	Class ID
9/16-11/25	W	9:30-10:15am	\$175	LWL	5932
9/16-11/25	W	10:30-11:15am	\$175	LWL	5933
9/16-11/25	W	11:30am-12:15pm	\$175	LWL	5934
9/17-11/19	Th	10:30-11:15am	\$175	LWL	5936
9/17-11/19	Th	11:30am-12:15pm	\$175	LWL	5935

Exclusion dates: 11/11

For questions, please email Grania@tigermountainmusictogogether.com
This class is open to SuperStars! Please complete an Inclusion Request Form on www.maplevalleywa.gov/fun



Grania Buckley, Founder and Director of Tiger Mountain Music Together, is a skilled musician with a passion for working with children and their families. She has had music in her life as long as she can remember. Grania has a Bachelor's degree in Music and German and is an accomplished flutist. She has taught in both Europe and the US and trained under the co-founder of Music Together, Lili M. Levinowitz, Ph.D.



Women's Bollywood

see page 18

YOUTH EDUCATION & MUSIC



Super Sitters



Boys and Girls, come for a day of fun while earning your Super Sitters Certificate! This class will cover leadership and the business of babysitting, basic care for children, understanding children of different age groups, safety and first aid. Bring a sack lunch and snack to class. Register early as this class fills quickly. Boys can be babysitters too! **Ages 11 - 16**

Dates	Day	Time	Fee	Location	Class ID
11/21	Sa	9:00am-2:00pm	\$69	LWL	5908

Safe at Home



Come learn how to be responsible and safe in any situation. We will cover family communication, first aid, internet, gun, phone, and door safety. Learn how to be safe, comfortable, and confident when staying home alone. **Ages 8 - 12**

Dates	Day	Time	Fee	Location	Class ID
11/21	Sa	2:00-4:00pm	\$35	LWL	5909

Jaquelyn Ball has been teaching Super Sitters and Safe at Home classes for the past twelve years. She has a Bachelor's Degree in Communication with an emphasis in Early Childhood Education. She is a mother of six and loves teaching these classes to youth.

Registration for these classes have been paused until King County reaches phase 3.

Kids Group Ukulele Class

Learn to play the ukulele with Dace's Rock 'n' More Music Academy instructor, Alex Jimenez. Games and well-known songs will be used to teach the fundamentals of melody, harmony and rhythm. Students do not need to own a ukulele to take this class, instruments are provided during class. Scholarships are available for those who need it - contact uofrock@hotmail.com for more information. **Ages 8 - 12**

Dates	Day	Time	Fee	Location	Class ID
9/14-12/14	M	5:00-5:50pm	\$170	LWL	5873

Exclusion dates: 11/23



Instructor:
Dace's Rock 'N' More Music Academy

YOUTH EDUCATION & MUSIC



Virtual Private Lessons Open Private Music Lessons

Have you always wanted to learn to play an instrument? This is the perfect opportunity to learn! This weekly, half-hour, one-on-one class is perfect to learn to play guitar, ukulele or bass. Learn how to make your music instrument learning experience as fun and as easy as possible. Taught by Dace's Rock 'n' More Music Academy instructor, Alex Jimenez, this class will be a lot of fun whether or not you practice but will likely be a lot more fun if you practice a lot. Before registering, please confirm availability ahead of time by contacting and coordinating with instructor by emailing uofrock@hotmail.com. Student must provide their own instrument. **Ages 8+**

Dates	Day	Time	Fee	Location	Class ID
9/3-9/24	Th	4:00-8:00pm	\$120	LWL	6573
10/1-10/29	Th	4:00-8:00pm	\$150	LWL	6574
11/5-11/19	Th	4:00-8:00pm	\$90	LWL	6575
12/3-12/17	Th	4:00-8:00pm	\$90	LWL	6576

Each registered student will have one 30 minute lesson scheduled bewtween 4pm-8pm. Coordinate time prior to registration by emailing uofrock@hotmail.com.



Instructor: Alex Jimenez; Dace's Rock 'N More Music Academy
No make up classes will be offered for missed classes.

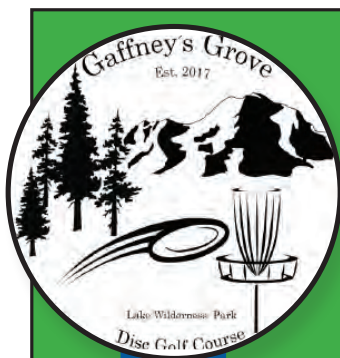


“Illness is the most heeded of doctors: to goodness and wisdom we only make promises; pain we obey.” - Marcel Proust



It's the Saturday morning place to be!

www.maplevalleyfarmersmarket.org



Visit Gaffney's
Grove Disc Golf
Course at Lake
Wilderness Park

Course Map & Info at
www.maplevalleywa.gov

OPEN DAILY • It's FREE!



Weddings at Lake Wilderness Lodge

- Indoor & Outdoor Wedding & Reception Space (up to 250 guests)
- Lake Wilderness & Mt. Rainier view
- 2 Dressing Rooms
- Tables & Chairs (set up included)
- Use Vendors of Your Choice

For more information contact
425-432-9953
www.maplevalleywa.gov/lwlodge



Photo credit: Silver Photography

Lake Wilderness Lodge meeting & event center



Information & Tours
(425) 432-9953
www.maplevalleywa.gov/lwlodge

Everything your business meetings, events, and day retreats need

- Meetings and Special Event
- Large Conferences
- Small Business Meetings
- Weddings
- Historic Lodge
- Surrounded by 108 Acre Park
- Capacity 250, with 6 Breakout Rooms
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Now Taking Reservations!

SUMMIT PARK
BASEBALL • SOFTBALL • SOCCER • LACROSSE & MORE
Call 425-432-9953 for information and reservations!

Registration Dates Vary

Registration dates:

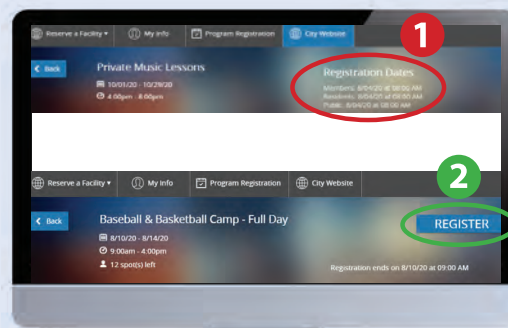
Fall registration will look different due to Covid 19. Registration dates will open one month at a time and will be set by program start dates. **Here is the breakdown for when registrations will begin for Fall programs:**

- Programs with a September start date will begin registration August 20
- Programs with an October start date will begin registration September 10
- Programs with a November start date will begin registration October 8
- Programs with a December start date will begin registration November 12

NOTE: Specific league sports have their own registration dates, which are noted next to the league in this brochure.

1 Registration dates will be displayed if program is not yet open for registration.

2 When a program is open for registration, the 'REGISTER' button will be displayed.



Fall Coed Softball League

Dress warm and round the bases this fall. Teams play one game each week on Friday nights at Ravensdale Park. Composite bats allowed (must have 1.20 USSSA stamp) and only 2 over-the-fence homeruns allowed each game. Space is limited to 8 teams so early registration is encouraged.

Dates
9/11-10/23

Day
F

Time
6:00-11:00pm

CANCELLED



Fall Men's Softball League

Men's REC softball teams are invited to register for our fall, double-header softball league. Teams will play 10 games on Friday nights at Ravensdale Park. Umpires, playoffs and champion t-shirts included. Composite bats allowed but must bear the USSSA 1.20 BPF stamp. **Ages 18+**

Dates
9/11-10/16

Day
F

Time
6:00-11:00pm

Fee
\$750

Location
RAV

Class ID
5849



Outdoor 8v8 Soccer League

Come play on a modified field with a GK of either gender) to the playoffs. Coed C and

CANCELLED

Dates
9/21-11/16

Day
F

Time
6:00-11:00pm

Fee
\$750

Location
RAV

Class ID
5847



**Want your
Recreation
Guide
via email?**

Sign up at:

www.maplevalleywa.gov/enotices



**Want a sport
or class but don't
see it in our
Rec Guide?**

Let us know what you're interested in,
we'll try to make it happen!
Email us at parksrec@maplevalleywa.gov



"People who are always taking care of their health are like misers who are hoarding a treasure which they have never spirit enough to enjoy."

— Laurence Sterne



Fall Flag Football League - REC

Registration for these classes have been paused until King County reaches phase 3.

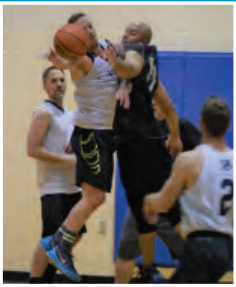
High-step your team to the championship this fall in our Adult Flag Football League. Teams play 6v6 on a modified field (74x30 yds.) with an intermediate size football. Defense rushes from 5-yards behind the line of scrimmage. This league is non-contact. Screen blocking is allowed. Teams play 8 regular season games with top teams advancing to the playoffs. This league is complete with referees, playoffs and champion's t-shirts. **Ages 18+**

ADULT SPORTS

Dates	Day	Time	Fee	Location	Class ID
9/19-11/14	Sa	9:00am-1:00pm	\$825	SP	5791

Fall Flag Football League - COMPETITIVE

Dates	Day	Time	Fee	Location	Class ID
9/19-11/14	Sa	9:00am-1:00pm	\$825	SP	5790



Fast Break Basketball League

Fast Break Basketball League
Summit T...
so early r...

Dates
10/2-12/...
Exclusion...

CANCELLED

be played on Friday nights at
ted. Space limited to 8 teams

5857

Social distancing requirements and/or modified playing rules may be used depending on the current Phase response to COVID-19.

NOW HIRING

**BASKETBALL
REFEREES
AND
GYM SUPERVISORS
FOR YOUTH LEAGUES**

more information online:
www.maplevalleywa.gov/basketball



Youth Scholarship Fund Donations Needed!

Please help support qualified low-income families participate in our recreation programs by making a tax deductible donation. Please contact Bobby Quick at Bobby.Quick@maplevalleywa.gov

DONATE NOW

Fall Coed Volleyball League - Rec Level

Warm-up for our winter volleyball league in this short, fall league! Teams play 6v6 with two divisions of play offered: competitive and recreational. Teams play 6 matches with top teams advancing to the playoffs. Referees and champion t-shirt included.

Dates 10/23-12/11
Day F
Exclusion dates: 11/27

CANCELLED

Fall Coed Volleyball League - Competitive

Dates 10/23-12/11
Day F
Time 6:00-10:00pm
Fee \$425
Location STMS
Class ID 5858
Exclusion dates: 11/27



Turkey Bowl Flag Football Tournament

Burn those Thanksgiving Day calories on the grid iron in our Adult Flag Football Tournament. Teams play 6v6 on a modified field (74x30 yds.) with an intermediate size football. Defense rushes from 5-yards behind the line of scrimmage. This league is non-contact and only screen blocking is allowed. Teams are guaranteed 3 games in this ONE-DAY TOURNAMENT.

Referees, turf fields and champion's t-shirts included. **Ages 18+**

Dates 12/5
Day Sa
Time 9:00am-6:00pm
Fee \$350
Location SP
Class ID 5792



Beginner/Novice Skills & Drills

Come and learn to play the fastest growing sport in America. Work on taking your pickleball skills to the next level! **Ages 12+**

Dates 10/6-10/27
Day Tu
Time 4:00-6:00pm
Fee \$60
Location LWP
Class ID 5904
Exclusion dates: 9/22

Advanced Skills & Drills

Do you want to take your pickleball game to the next level? Come and work on improving your skills through specific drills on an individualized basis. Learn strategies that will help make you a better pickleball player. **Ages 12+**

Dates 10/1-10/29
Day Th
Time 4:00-6:00pm
Fee \$75
Location LWP
Class ID 5905



Jim is a certified International Pickleball Teaching Professional, has played, and medaled in various Pickleball tournaments across the United States, including the USAPA National Championships last November.

Instructor: Jim Cooke
Questions? Email
Jim at Jim@CookeFamily.us

Dance Fitness plus Toning

This 40 Fitness class incorporates low impact dance routines, toning (arms, legs, abs) and stretching accompanied by a variety of fun music. *Instructor: Terri Allman* **Ages 40+**

Mondays

Dates	Day	Time	Fee	Location	Class ID
10/5-10/26	M	10:00-11:00am	\$20	LWL	5835
11/2-11/23	M	10:00-11:00am	\$20	LWL	5882
12/7-12/21	M	10:00-11:00am	\$15	LWL	5883

Thursdays

Dates	Day	Time	Fee	Location	Class ID
10/1-10/29	Th	9:00-10:00am	\$25	LWL	5879
11/5-11/19	Th	9:00-10:00am	\$15	LWL	5880
12/10-12/17	Th	9:00-10:00am	\$10	LWL	5840



For questions, please email
TerriAllman2@gmail.com

Drop in fee: \$6 on a space available basis, paid prior to class.

Terri Allman has been teaching a variety of exercise classes for over 20 years at the Vashon Athletic Club on Vashon Island. These classes include step, dance fitness, Zumba, Silver Sneakers, Senior Fitness and toning. She was also the Group Fitness director for the club. Terri and her husband recently moved to Maple Valley to be closer to family, and she hopes to get to know many of you through her Parks and Recreation classes.



- A sanctuary that inspires, educates and connects us to the natural world
- Discover 42 acres of gardens and urban forest in every season
- Open every day from dawn to dusk with free admission and parking

lakewildernessarboretum.org
info@lakewildernessarboretum.org



Plant Sales

Sept 12 – 10am-4pm

Since this will be our only plant sale in 2020, we're planning on making it a good one! Check our website or Facebook for details.

Explore – A Series of Monthly Programs or Tours

Sept 19:
Discover fuchsias

Oct 17:
Explore & celebrate the colors of fall

Make A Difference Day

Join LWA on 10/24 for Maple Valley's annual Make A Difference Day. Volunteers take on a variety of projects led by Arboretum volunteers for a fun-filled, satisfying day of making a difference in your community.

Volunteer in the Garden

Drop in and volunteer in the gardens:
every Wednesday & Thursday
9am-12pm

First two Saturdays of each month
9am-12pm (Sept- Dec)

Women's Bollywood

Registration for these classes have been paused until King County reaches phase 3.



Women only in this fun-filled Bollywood Dance class. This class begins with a warm-up, which includes the basic Bollywood moves followed by step-by-step choreography set to Bollywood music. The combination of steps learned by participants will strengthen their awareness of musical flow, timing, spacing and precision. The participants will establish strong movement foundation while developing confidence, coordination, posture and grace. Comfortable attire is recommended and going barefoot works best. Adults will have an opportunity to join a group performance at the end of the session. Details will be communicated and coordinated throughout the session by your instructor. **Ages 18+**

For questions, please email thirakdanceacademy@gmail.com

Dates	Day	Time	Fee	Location	Class ID
9/14-11/2	M	6:05-6:50pm	\$130	LWL	5823
9/16-11/4	W	10:15-11:00am	\$130	LWL	5830

Recital props & costumes provided by Thirak Dance Academy for a rental of \$25 per participant. Participants also have the option to purchase these.



Sneha Thakur is thrilled to provide students an opportunity to experience new cultural music and dance that is very popular, energetic and fun! Sneha is passionate about Bollywood dance and music. She has been dancing since the age of 3 and has performed at high levels in India. She has extensive experience teaching children's dance in India and now in Maple Valley.



It's the Saturday morning place to be!

www.maplevalleyfarmersmarket.org

The City of Maple Valley is excited to announce the activation of the 54-acre Legacy Site with the opening of the 2020 Maple Valley Farmers'.

The Maple Valley Farmers' Market is one of the Top 10 farmers' markets in Washington State. The market will operate every Saturday from 9:00am to 2:00pm through September 26th.

The Maple Valley Farmers' Market is located along the eastern property boundary along State Route 169 across from Rock Creek Elementary School. The Market is a vibrant community gathering place not only for the residents of Maple Valley but for people living in the surrounding area as well.

Due to the COVID-19 and safety considerations, the Market's primary objective this season will be the distribution of fresh food and essential products only. The Market will operate with a modified layout with enforced social distancing, sanitation, and safety measures in place. There will be no on-site entertainment, food production, or dining available this year. For a list of vendors and other information about the Maple Valley Farmers' Market, please visit www.maplevalleyfarmersmarket.com



Covid 19 Safety Standards:

- **Participants and instructor safety is our top priority.**
- **Phase restriction and guidelines will be applied to programs based on what type of activity and following current Covid 19 protocols. These may include masks, smaller group sizes, and additional social distancing requirements. For specific safety measures, please reach out to the instructor of the program you will be attending.**

Rizzmic® All American Dance Fitness

**NEW
Instructor**



Rizzmic® is an all American Dance Fitness format that uses exclusively American music paired with its authentic movement. You can experience such variety like Country, Hip Hop, jazz, Disco, and so much more! Students should wear comfortable clothes and tennis shoes (non-black soled shoes, preferably cross trainers or dance shoes). **Ages 16+**

Instructor: Julia Cooper

For questions, please email julia_cj@hotmail.com

Dates	Day	Time	Fee	Location	Class ID
11/3-11/24	Tu	7:00-8:00pm	\$20	LWL	5838
12/1-12/22	Tu	7:00-8:00pm	\$20	LWL	5824

Drop in fee: \$6 on a space available basis, paid prior to class.



Julia began dancing as a teen and found a renewal of her love of dance through fitness. She strives to help participants grow in confidence, realize their athletic potential and increase their fitness level while finishing their workout with a smile. With over 5 years leading classes all over south King County, she is overjoyed to be at the Lodge in Maple Valley, where her love for dance fitness first bloomed!

Come enjoy the view!

Lake Wilderness Park

**Open Year
Round**

- Playground
- Tennis Courts
- Boat Launch
- Softball Field

ADULT FITNESS & DANCE

Zumba

Lose yourself in the music and find yourself in shape in this dance-fitness class. Zumba® blends upbeat, high-energy Latin, American and International music with easy to follow choreography. You will experience a total body workout that will get your energy soaring and will lift your spirits! This class is co-taught by Heidi Hankins. **Ages 16+**

Dates	Day	Time	Fee	Location	Class ID
10/5-10/26	M	7:00-8:00pm	\$20	LWL	5868
11/2-11/30	M	7:00-8:00pm	\$25	LWL	5812
12/7-12/28	M	7:00-8:00pm	\$20	LWL	5827

Drop in fee: \$6 on a space available basis, paid prior to class.

Zumba & Mixxedfit Mash Up

Lose yourself in the music and find yourself in shape in this new mash up! This class blends two internationally recognized dance fitness formats into 60 minutes of fun! You get Zumba's high energy Latin, American and World music with easy to follow choreography and Mixxedfit's people inspired dance fitness program that combines explosive dance movements and body weight toning. You will experience an amazing total body workout that will lift your spirits and have you smiling ear to ear! **Ages 16+**

Instructors: Suzanne Perreira & Heidi Hankins

For questions, please email zumbasuzanne@gmail.com

Dates	Day	Time	Fee	Location	Class ID
10/7-10/28	W	7:00-8:00pm	\$20	LWL	5870
11/4-11/18	W	7:00-8:00pm	\$10	LWL	5839
12/2-12/30	W	7:00-8:00pm	\$25	LWL	5829

Exclusion dates: 11/11

Drop in fee: \$6 on a space available basis, paid prior to class.

ZUMBA



Suzanne Perreira

Suzanne became a ZIN Member in April 2011. She absolutely loves teaching Zumba classes because Zumba literally changed her life! LITERALLY! It gave her the confidence to achieve some of her wildest dreams. Another great benefit is that she lost some weight! Every class feels like a party and an hour feels like 15 minutes. She is currently licensed to teach Zumba. Come join her, you're guaranteed to have a blast!

ADULT FITNESS & DANCE

Stroller Strides Class®/Stroller Barre Class®

FIT4MOM is the nation's leading pre and postnatal fitness program, providing fitness classes and a network of moms to support every stage of motherhood. From pregnancy, through postpartum and beyond, our fitness and wellness programs help make moms strong in body, mind and spirit. We are building a community connected by motherhood and fitness. **Ages 0-55+**



Instructor: Sarah Cohrs

To register for classes visit <http://renton.fit4mom.com>

For questions, please email Rebekah Spouse at rebekahspouse@fit4mom.com

Fees are \$65 per month and all registrations are completed directly through FIT4MOM website.



Dates	Day	Time	Fee	Location	Class ID
10/28-12/28	M/W/F	9:45-10:45am	\$27	LWP	5843

Barre Fusion



Barre Fusion is low-impact and high intensity! Build body awareness in this 50 minute class set to upbeat music. Sculpt muscles while utilizing movements from barre, yoga and Pilates to create a lengthened and

strengthened physique. Students should bring their own mat, water bottle, and sweat towel. No Ballet experience is required.

Ages 16+

Instructor: Amanda True

For questions, please email amanda@amandaerin.com

NEW Instructor

Dates	Day	Time	Fee	Location	Class ID
10/6-10/27	Tu	6:00-6:50pm	\$24	LWL	5865
11/3-11/24	Tu	6:00-6:50pm	\$24	LWL	5831
12/1-12/29	Tu	6:00-6:50pm	\$30	LWL	5837

Drop in fee: \$8 on a space available basis, paid prior to class.



Welcome to Barre! My name is *Amanda True*. I am a certified instructor by Barre Above. I have taught Barre locally and in Snoqualmie and I am pleased to now offer it through Maple Valley Parks & Recreation. Barre is an amazing tool to help you find strength you did not know you had. I hope to see you at the barre!

15% OFF

Holiday Parties

LAKE WILDERNESS LODGE

FOR MORE INFO EMAIL - LODGE@MAPLEVALLEYWA.GOV



Virtual Private Lessons Open Private Music Lessons

Have you always wanted to learn to play an instrument? This is the perfect opportunity to learn! This weekly, half-hour, one-on-one class is perfect to learn to play guitar, ukulele or bass. Learn how to make your music instrument learning experience as fun and as easy as possible. Taught by Dace's Rock 'n' More Music Academy instructor, Alex Jimenez, this class will be a lot of fun whether or not you practice but will likely be a lot more fun if you practice a lot. Before registering, please confirm availability ahead of time by contacting and coordinating with instructor by emailing uofrock@hotmail.com. Student must provide their own instrument. **Ages 8+**

Dates	Day	Time	Fee	Location	Class ID
9/3-9/24	Th	4:00-8:00pm	\$120	LWL	5916
10/1-10/29	Th	4:00-8:00pm	\$150	LWL	5917
11/5-11/19	Th	4:00-8:00pm	\$90	LWL	5918
12/3-12/17	Th	4:00-8:00pm	\$90	LWL	5919

Each registered student will have one 30 minute lesson scheduled bewtween 4pm-8pm. Coordinate time prior to registration by emailing info@rocknmore.org



Instructor: Alex Jimenez; Dace's Rock 'N More Music Academy
No make up classes will be offered for missed classes.

Dog Obedience Classes

Registration for these classes have been paused until King County reaches phase 3.

Kindergarten Puppy Training

Start your puppy off on the right "paw" with proper first experiences during the important socialization periods of puppyhood. This is an introduction to the learning and training process for puppies age 8 weeks to 5 months. Your puppy will learn to heel on a leash, come when called, sit and down stays. You can also earn your AKC S.T.A.R. certificate. S.T.A.R. = Socialization, Training, Activity, Responsible owner. **Ages 14+**

First class held at LW Lodge without dogs.

Dates	Day	Time	Fee	Location	Class ID
9/14-11/9	M	6:30-7:30pm	\$120	GPES	5910

Dog Obedience - II Beginner

A class for the family pet of all breeds. Dogs are taught to heel on a leash, come when called, sit and down stays and more. Learn about dog behavior, correcting common problems, nutrition and more. Learning basic manners prepares you for further training, obedience or rally competition, or earning your Canine Good Citizen certificate. **Ages 14+**

First class held at LW Lodge without dogs.

Dates	Day	Time	Fee	Location	Class ID
9/15-11/10	Tu	6:00-7:00pm	\$120	GPES	5911

Dog Obedience - III Novice

Designed for students who have completed beginner class and wish to continue training for reliability or competition. Focus will be on team work and handling techniques while practicing for an advanced level. Dogs in this class can test for the Canine Good Citizen certificate and Trick Dog Titles. **Ages 14+**

Dates	Day	Time	Fee	Location	Class ID
9/15-11/10	Tu	7:15-8:15pm	\$120	GPES	5912

For questions, contact Judy at (253) 631-7002

Note: anyone under 16 must be accompanied by an adult.

Judy Bandlow has been teaching dog obedience for over 30 years. Her goal is for you and your dog to have fun while learning to work as a team. Judy believes in a positive approach to dog training to produce a happy, tail wagging dog. Classes are open to dog owners age 14 and over.





Cake Decorating Classes

Cake decorating is not just your average buttercream frosting anymore. It is the final packaging everyone sees first and when done correctly, entices people to imagine the texture and flavor of what lies beneath. In these fun classes, students learn the basic techniques used to create professional looking cakes. Students provide their own 8" round cake and a container to transport to and from class, beginners cake decorating kit, and an icing spatula/butter knife. Don't have the tools? Bring \$12 cash/check to instructor and she will provide them. For questions please contact the instructor at CLHenderson53@gmail.com.



Beginning Cake Decorating 101

With practice and patience, cake decorating can be learned. Start out with the basics from designing your workspace, decorating tools, prepping a cake for decorating and many tips of the trade to help you create delectable looking cakes. You'll learn the importance of texture and temperament of icings, how to avoid cake catastrophes, and ways to fix them and still keep your cake looking perfect. Learn to use a piping bag and several tips to create beautiful borders and smooth messages on your cake. Learn the first steps to creating beautifully decorated cakes.

Ages 16+

Dates	Day	Time	Fee	Location	Class ID
10/7	W	10:00am-12:00pm	\$40	LWL	5987

Cake Decorating 102-Flowers

In the next-level class, develop techniques practiced by professional cake decorators such as using buttercream icing, making flowers, and mastering a piping bag. From breath-taking designs to simple flowers, all the latest cake decorating trends are showcased. Students also receive instructions and ideas about how to bake and decorate cupcakes.

Note: Cake Decorating 101 is a prerequisite to taking this more advanced class. **Ages 16+**

Dates	Day	Time	Fee	Location	Class ID
10/10	Sa	10:00am-12:00pm	\$40	LWL	5990

Instructor:

Cindy Henderson has been decorating cakes for over 30 years and spent the past 7 years as a professional cake decorator and trainer for a major corporation. She enjoys sharing her knowledge with others who desire to learn how to decorate cakes for fun or for their friends and family.



“Health is a state of complete harmony of the body, mind, and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.”



- BKS Iyengar

Ukulele - Adult Group

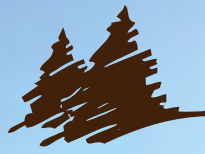
Registration for these classes have been paused until King County reaches phase 3.

Learn to play the Ukulele with and instructor Dace's Rock 'n' More Music Academy. Well known songs will be used to teach the fundamentals of melody, harmony and rhythm. Students do not need to own a ukulele to take this class, instruments are provided during class. Scholarships are available for those who need it - contact uofrock@hotmail.com for more information. **Ages 13+**

Dates	Day	Time	Fee	Location	Class ID
9/14-12/14	M	6:00-6:50pm	\$170	LWL	5875
Exclusion dates: 11/23					



Instructor:
Dace's Rock 'N More Music Academy



Lake Wilderness Golf Course

Large natural fir trees line the fairways creating a dramatic and challenging golf experience that rewards the accurate shotmaker. One of the rare golf courses that allow for a test of golf at every skill level, Lake Wilderness Golf Course is a fun and enjoyable round of golf in an amazing resort-like setting.

PLAY THE BEST PUBLIC GREENS IN KING COUNTY

SPECIAL OFFER

WEEKDAYS

\$29

ANYTIME
Includes Cart Fee

WEEKENDS

\$39

ANYTIME
Includes Cart Fee

Must present coupon to receive special pricing not valid with leagues or tournaments. Expires 9/30/2020.

ADVANTAGE MEMBERSHIPS

Save big every time you play!

ONLY \$99 / SENIORS \$89

Regular	M-F: \$29	S-S: \$39
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COURSECO



Thursday, December 3
6:00-8:00pm

Come and enjoy the start of the holiday season with your community!
You'll be able to experience:

- Community holiday tree lighting (SW corner of Maple Valley Town Center)
- Santa's arrival on the lighted fire truck
- Entertainment by local singing groups
- Photo opportunity with Santa
- Horse drawn trolley & train rides
- Real reindeer
- Kids crafts, sweet treats & family activities

Visit: www.maplevalleywa.gov for more information.

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